

Sit on sitting bones, feet flat on the floor, alert but relaxed.
Notice how you're supported by the floor and the seat - you're grounded.

Relax the jaw, let the tongue relax away from the roof of the mouth,
relax the shoulders.

Let your breath be
your anchor.



Arms rest with palms facing up; close your eyes or lower your gaze.

Slowly breathe in through the nose, noticing how the breath feels.
If you choose, you can count in your head ... 1... 2... 3... 4... 5.

Feel the breath reaching the belly, imagine it filling all 4 corners of the
abdomen.

Slowly breathe out through the nose, noticing how the breath feels.
If you choose, you can count in your head ... 1... 2... 3... 4... 5.

As the mind wanders, notice where it's gone and gently bring it back to
the breath, allowing things to be just as they are right now.

Remind yourself you are safe, grounded here with your breath.

